

Did you know...



The theme for this summer's national reading program is Wellness, Fitness and Sports. It's important for your child to be healthy and active. Children's health and well-being affects how well they are able to learn and develops the skills they'll need to be successful in school.

Take time to go to the park and bring books with you for an outdoor storytime. Make reading bedtime stories a family tradition and sing songs as you walk around your neighborhood. Play games with your child so they learn to follow directions, take turns, and exercise their bodies.

There are many great children's books with a nutrition theme. Check some out from your local library as you talk about healthy eating with your child and try new foods. Be sure to sign your children up for summer reading at the library. Programs are free!

Keep busy and active this summer, and get "On Your Mark, Get Set, Read!"

Here's how...



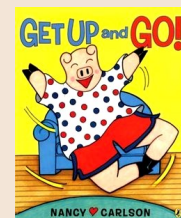
- ✱ Check out the activities your local Parks and Recreation department has planned.
- ✱ Go for walks in your community and point out signs and other print as you go.
- ✱ Play some outdoor games you played as a child: Tag; Hide-and-Seek; Red Light, Green Light, etc.
- ✱ Walk around the grocery store or farmer's market and choose new fruits or vegetables to try.
- ✱ Go watch a local sports team play a game.
- ✱ Check out sports and fitness picture books at your library.



Read



Get Up and Go, by Nancy Carlson



Exercise is fun and good for you. Your child will delight in the colorful pictures that illustrate how being active helps their bodies be healthy. Exercise can help you make new friends and is relaxing. It's good for all parts of your body and helps you become a good sport. What is your child's favorite way of being active?

Other books by Nancy Carlson:

I Like Me!

Look Out Kindergarten, Here I Come

How about a Hug?

And many more!



Choosing Books



More books that teach fitness and health...

My 1st Book of Action Rhymes, by Lynne Cravath

Froggy Plays Soccer, by Jonathan London

From Head to Toe, by Eric Carle

Everyone Can Learn to Ride a Bicycle, by Chris Raschka

Healthy Foods from A to Z: Comida sana de la A a la Z, by Stephanie Maze

Talk



Prepare your child for places you'll be going during the summer by talking with them about the experience.

- ✦ Share the schedule with them– how many days or hours you will spend there.
- ✦ Show them a map of where you live compared to where you'll be going.
- ✦ Let them help make a list of what to bring and help in the packing process.

Write



There are fun ways to practice writing outdoors:

- ✦ Use a stick to write in the mud or sand.
- ✦ Use small rocks to create letters and words.
- ✦ Use a paint brush dipped in water to write on the sidewalk.
- ✦ Use sidewalk chalk to draw or write shapes, letters and words.

Play



Tap Your Head

(Match actions to the words)

Tap your head,

Tap your toe,

Turn in a circle, (turn around)

And bend down low.

Tap your nose,

Tap your knees,

Hands on your shoulders,

Now, sit down please.

(This is a good rhyme to get the wiggles out before settling down!)

Sing



Head, Shoulders, Knees and Toes

(Touch each body part as you sing it)

Head, shoulders, knees and toes,

Knees and toes,

Head, shoulders, knees and toes,

Knees and toes.

Eyes and ears and mouth and nose,

Head, shoulders, knees and toes,

Knees and toes.

Sing the song several more times, singing and doing the actions faster each time.

Watch a video at

<http://tinyurl.com/birth2six-headshoulders>

(performed by our friends at the Washington County Cooperative Library System)



At your library...



You can read hundreds of free online books with your child by visiting your local library's website and clicking on Tumblebooks™.

